

LINDA REED DAY SERVICES:

POTENTIAL REDUCTION OF SERVICES - IMPACT STATEMENT

This document discusses what services are provided at Linda Reed Day Services (LRDS), a Medi-Cal funded intensive day treatment program in Marin County, and what the impact of that eliminating LRDS services would be on the Adult System of Mental Health Care in Marin County. We believe that this is just one example of the impact in one county, that is applicable to similar services in other counties throughout California: the offering of high quality, client focused mental health services to low income adults with severe mental illness.

In the course of preparing this report, we learned about several relevant facts regarding LRDS intensive day treatment services:

1. **Fact:** LRDS provided services to a total of 222 unduplicated mental health clients in FY02-03. LRDS also engaged with another 267 clients via staff outreach, for the purpose of assessing service needs and educating them about treatment options.
2. **Fact:** LRDS provides treatment services that were created and function as an outpatient acute diversion from the more expensive services such as Psych. Emergency Services, Marin General Hospital (MGH) - Unit A psych. Inpatient program, MGH emergency room, or local jails. In addition, LRDS offers important adjunctive treatment services to clients living in residential programs.
3. **Fact:** LRDS is one of many Medi-Cal funded intensive Day Treatment programs operating in California counties that benefit low income, severely mentally ill clients who would not otherwise be able to access treatment services.
4. **Fact:** LRDS is the only Medi-Cal funded intensive outpatient day program for adults in Marin County
5. **Fact:** If LRDS intensive day treatment services were eliminated, many clients Currently receiving treatment services at LRDS would have to find treatment elsewhere, overwhelming other existing services.
6. **Fact:** LRDS is utilizing a client focused wellness and recovery model, as well as offering dual diagnosis treatment using a public health model harm reduction focus

SERVICES AND PROJECTED IMPACTS:

THE RECOVERY PROGRAM provides intensive day treatment for persons with mental illness and co-occurring substance abuse disorders, currently symptomatic and in crisis, thus in danger of being hospitalized. This program was created and functions as an outpatient acute diversion program, teaching individuals how to manage their symptoms, educating them about mental health issues, providing medication support, connecting them with other resources through case management, and offering support to make successful transitions back into the community.

- **59 unduplicated clients** utilized treatment services in the Recovery Program last year.
- **83%** of these participants avoided inpatient hospitalization while in the program.
- **47%** of the clients who entered the program with unstable housing gained stable housing while in the program.
- **89%** of successfully discharged graduates contacted (25 of the 28) did not require psychiatric hospitalization in the last year.
- **63.6%** of graduates reported having a volunteer job, paid job and/or were going to school.

THE MEDICATION SUPPORT PROGRAM includes a registered nurse who supports and educates clients to effectively manage their own medications. This program has been successful in increasing the stabilization and independence of clients, and in diverting them from utilizing more expensive County services such as the CMHS Medication clinic, PES, Unit A or MGH emergency room. Without the Medication Support Program, these County services would have been needed in order to address increased psychiatric symptoms and crises that occur when medications aren't frequently monitored and managed.

- **29** clients received Medication Support Services in FY02-03.

THE ACTIVITIES PROGRAM provides a community program that many of the RSS and MAIL clients use, offering structure three days a week that focuses on education, problem-solving and maintaining stability while spending constructive time with peers.

- **55 individuals** participated in the Activities Program in FY02/03, with **100%** of these participants maintaining a stable living situation in the last fiscal year

THE ALLIES PROGRAM, offered in collaboration with Marin CMHS, is specifically designed for people in the earliest stages of recovery. The typical ALLIES participant is someone who is experiencing multiple difficulties due to mental illness, alcohol and/or drug use, health problems, legal system involvement and/or homelessness. This program operates five days per week, and provides education groups and individualized case management services, including medication, money and health management.

- **27 individuals** received support and treatment in the Allies Program this last year.
- Allies is recognized as one of the most successful "harm reduction" programs in the county.
- **267 individuals** who are starting their recovery process were contacted via staff outreach, for the purpose of assessing service needs, educating them about options, and making referrals.

DUAL DIAGNOSIS DROP-IN GROUPS are educational 12-step groups offered two days a week, facilitated by staff, and open to anyone who self-identifies as a dually diagnosed person (with mental illness and substance abuse problems) who wants to get help with their problems.

- **52 individuals** (unduplicated) participated in the Dual Diagnosis Groups to last year

IMPACT ON CLIENTS AND SYSTEM OF CARE:

- There is no other comprehensive, intensive outpatient Medi-Cal funded day treatment program for adult clients to access in Marin County.
- Other similar community organizations, already operating at capacity, would be flooded with more clients needing services.
- Without the benefit of therapeutic structured day services, an increased number of clients will utilize more expensive emergency and hospital-based services.
- Clients without dual diagnosis treatment and support will relapse into more drug and alcohol use, destabilizing them, increasing the use of hospitals or jails, with the possible loss of their community housing as a result.
- Clients may realize an increase in symptoms, and seek assistance via medication adjustment/monitoring via PES, or the more expensive CMHS Medication Clinic.
- LRDS is utilized as a way to develop increased independent living skills in our clients who are currently residing at Board and Care facilities, helping to motivate clients to move towards more independent (and less expensive) levels of housing
- The one existing partial hospitalization day treatment program in Marin County, only serves Medicare and private insurance clients and has limited space, so would not be able to offer services to Medi-Cal clients.
- Marin County has one excellent peer operated organization that offers counseling and resource connection support for clients to access, but they do not offer acute treatment services, it has a very small operational capacity, and is already super busy, so would be overwhelmed by the influx of LRDS clients seeking services.
- Marin Assisted Independent Living program, which has over 100 clients residing in supported housing, utilizes LRDS day services to provide structure and purpose in a community setting that addresses the predisposition of our clients to isolate and become lost in symptomatology. LRDS provides the ability to have medications dispensed near their home and be given support around managing their meds, and teaches interpersonal skills which are crucial to successfully living in the community, whether alone or in congregate settings.
- A police officer who is the mental health liaison with the local police reports that LRDS day services plays an important role in the treatment of the most marginal individuals in our community, is one of a very few places they can go to receive any on-going treatment, filling an important role in their initial engagement into treatment and their subsequent recovery, not from the illness but from a lifestyle that would have eventually found them incarcerated or dead.

Bottom-line impact: The above described Medi-Cal funded intensive day treatment program is but one example of services offered mental health clients in all counties: the opportunity to receive acute treatment services in community based settings that are support living in the community are, less restrictive and more cost effective than hospital based services.